

Slusser Senior Recreation Council

Minutes- November 15, 2010

Members in Attendance: Don Lane, Gloria Symonds, Joanne Woodward, Judy Sanborn, Justin Lavigne. **Guests:** Mary Bradbury, Lynn Joyce, Merle Dustin

Old Business

Trust Fund Update- Justin reported that as of 9/30/10 the Trust fund had a balance of \$3,860. Since that date an additional \$260 had been added to the fund making the current balance \$4,120. Justin further explained that Program-generated revenues go into the Revolving Fund as opposed to the Trust Fund. The primary revenue source for the Trust Fund will be donations.

New Business

Volunteer Program Changes- Janet Krzyzaniak resigned as Senior Center Volunteer Coordinator. Justin assumed overall responsibility for that role with the volunteers, as a group, managing volunteer assignments for the most part. If necessary, Justin will step in where decisions cannot be otherwise made.

Program/ Trip Expansion Efforts- Justin discussed various attempts that had been made to sponsor senior trips, etc. He mentioned that trips to Fenway Park, Connecticut casinos, etc. had been tried but were extremely difficult to accomplish successfully. Cost was a major factor. The Center would enjoy much greater flexibility if it were to have access to a bus. He felt that the town would never support a bus for senior/town use. Mary Bradbury recommended that the Center should see what could be done to increase interest in music-oriented programs, i.e. attending musical programs, visits to the Concord Music School, setting up a Music Club, inviting in-house music entertainment, etc. Mary felt that such programs would be very therapeutic. She volunteered to look into what might be done in this regard.

Gloria mentioned that she would like to see cribbage played at the Center.

Expansion of "Ride" Services- Justin reviewed with the Council the results of a meeting called by the United Methodist Church to discuss various changes that might be made in town to make life a little better for the people of Hopkinton/Contoocook. He said that the major

problem discussed was a lack of transportation for citizens in all categories- seniors, young people with children, etc. The existing Dial-A-Ride program was too limiting in that it was primarily designed to take people to doctor's appointments. This discussion tied back to the need for expanded transportation options such as a bus. It was decided that Justin would bring this need to the attention of the Dial-A-Ride program management to see if some sort of expansion of its program might be tried. Justin volunteered to talk to the management of the Hopkinton Woman's Club.

Stanford Chronic Disease Self Management Program- Lynn Joyce described the Stanford program. It is a six week program, given in settings such as a senior center, which brings together people with chronic health issues. The workshops are facilitated by non-health professionals trained to deal with the associated aspects of living with chronic disease. Subjects include 1) techniques to deal with problems such as frustration, pain, fatigue, isolation, etc. 2) exercises for maintaining strength, flexibility and endurance 3) appropriate use of medications, 4) nutrition, 5) evaluating new treatments, etc. Lynn indicated that she would attend the classes necessary to become certified if the Center were interested. No obligation was implied on the part of the Center. The Council supported Lynn attending the necessary classes for certification.

There being no further business Chairman Lane called for a motion to adjourn. Mrs. Woodward made a motion to adjourn, seconded by Mrs. Sanborn. The vote was unanimous.